

The idea of eating bone broth and fermented foods may seem weird to you, it did to me at first. But bone broth and ferments are some of the absolute healthiest and healing foods we can eat. Throughout these eight weeks, aim to drink at least one cup of bone broth a day. It's easy to drink with a meal.

Bone Broth

- BB is loaded with **glycosaminoglycans** (GAGs) including glucosamine, hyaluronic acid and chondroitin.
- Have you heard about people filling their faces with collagen, or applying it to wrinkles in the form of expensive creams? Bone broth is full of collagen, which strengthens your skin, hair and nails from the inside out. **It literally reduces wrinkles and cellulite.**
- BB contains gelatin, which is extremely healing for the gut. Most people have damaged gut or leaky gut, bone broth heals and seals gut lining. Gelatin also supports the liver in the detoxification process.
- BB strengthens the bones, prevents and heals arthritis, prevents osteoporosis, and strengthens bones, joints, ligaments and tendons.
- BB enhances nutrient absorption.
- BB is rich in the amino acid glycine, which helps regulate blood sugar, is required for the synthesis of DNA & RNA, enhances muscle repair/growth and is very important for the nervous system and helps induce a calming effect.
- BB supports and builds the immune system, warding off colds and flus. There's a reason why people drink broth when they're sick!
- BB improves and can even cure autoimmune disease like celiac, Crohn's disease, IBS, MS and diabetes.
- Did I mention it improves the appearance of your hair, skin and nails?



Fermented Foods

FF are foods that have undergone the process of fermentation, a way to preserve foods in which the natural bacteria feed on sugar and starch in the food which creates B vitamins, enzymes and several strains of probiotics. **FF are rich in probiotics.**

Some examples of fermented foods are kefir, kombucha, yogurt, sauerkraut, pickles and various pickled vegetables. You can make them on your own or buy them in the store. If you buy kefir or yogurt, make sure they are full-fat, with no added sugar and from grass-fed cows. A good brand of fermented veggies is Bubbie's, which is in most grocery stores. [Here](#) are some great recipes for fermented foods.

FF are rich in several different strains of probiotics. While I suggest taking a probiotic supplement when you are starting out, it is unnecessary on a long term scale if you're eating probiotics. Eat a little bit of probiotics with each meal throughout these eight weeks.

- FF improve digestion and are full of beneficial enzymes. The body needs enzymes to properly digest and absorb food.
- FF improve the immune system.
- FF fight cancer.
- Restore and improves gut flora.
- Reduce yeast infection, bacterial vaginosis and UTIs.
- Improve acne and eczema.

